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Free Teach Abroad Seminar
Tuesday Aug. 26th @ 7pm
Fall TESOL Course: Sept. 23rd - 28th
41 York St.
United TESOL
International College of Teacher Training
www.unitedtesol.com

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OTTAWA • MONDAY, AUGUST 25, 2008 metronews.ca

Celebrity Pg 14

Winona linked to Canadian Tom Green

Police seek driver after cyclist struck

INJURIES A female cyclist suffered serious head injuries after being struck by a car in a hit-and-run collision early yesterday morning.

Police are now seeking a suspect in the east-end incident, which left the 19-year-old woman in serious condition in hospital.

"The driver took off," said Ottawa Police Sergeant Michel Hebert.

Police have two witnesses who will be interviewed, he said.

Ottawa paramedics said the collision occurred at the intersection of Tenth Line Road and Charlemagne in Orleans just before 2:17 a.m.

Ottawa police are investigating the circumstances surrounding the collision.

"We're waiting for the interviews to be done," said Hebert.

Police are warning cyclists to be very vigilant.

On Aug. 4, a 27-year-old Ottawa cyclist died after being struck by a pickup truck. April Nauta was riding west on County Road 17 with a friend when a truck hit the pair from behind. Nauta, an avid cyclist, suffered severe head injuries and died the next day at the Civic campus of the Ottawa hospital.

Hebert advises cyclists to take safe cycling classes and to wear clothing with bright reflective material and proper safety equipment, including a helmet.

TRACEY TONG/METRO OTTAWA

World page 6

Democrats preach unity

Workology pg 10

Mum's word for mascots

ELIENNE RANGER/FOR METRO OTTAWA

Capital Pride parade participants got down and partied at the wrapup of what organizers say might be the biggest Capital Pride Festival ever held in Ottawa. Thousands of spectators lined the street for the parade yesterday.

Thousands show their Capital Pride

'Wonderful' event may be record-breaker: Organizers

TRACEY TONG
tracey.tong@metronews.ca

Thousands of people came out — to a parade, that is — to show support for the GLBT community at one of downtown Ottawa's biggest and most colourful events.

More than 60 groups and organizations, including the Ottawa Police Service, Centretown Community Health Centre, the Ottawa Food Bank, the Children's Aid Society of Ottawa and Bruce House, showed their support by entering in the Capital Pride Parade yesterday.

The parade, which attracted as many as 35,000 people in previous years, capped off the 22nd annual Capital Pride Festival — which organizers said could be the biggest yet.

While the numbers aren't in yet, "the whole week has been wonderful," said Capital Pride spokesman Julien Lavoie.

"Every event leading up to this has been sold out. We're hopeful that we'll break attendance records this year," he said.

"Every year, there are more people from the community attending the events," said Capital Pride chairwoman Joanne Law.

Spectators, some equipped with lawn chairs, lined the curb along Wellington Street as the procession moved from the Garden of the Provinces to Festival Plaza.

"The support means so much to the members of this community," said Lavoie.

Jer's Vision founder and executive director Jeremy Dias said he was happy to see more young people participating and out supporting the community than ever.

> **"The support means so much to the members of this community."**
> Julien Lavoie, event spokesman

Aylmer resident and parade participant Anick Boucher-Deschamps, said she was there to support a friend, as was Ottawa resident Deanna Abell, who attends to show her belief in free choice.

But while acceptance of the GLBT community has grown over the years, there's still work to be done, said Kaitlyn Kincaid, 26.

"We've come a long way," said Kincaid, who is a member of Ottawa's transgendered community.

The parade goes a long way in teaching people about services that cater to the GLBT community, she said.

"There are a lot of challenges that (transgendered) youth face," she said. "Like getting school records changed and trying to get a job for the first time."

The growth of Capital Pride may mean extending the parade route next year to accommodate the crowds, said Marion Steele, one of Capital Pride's organizers.

ShareYourViews
ottawaletters@metronews.ca

Beijing passes torch to London

CEREMONY The closing ceremony for China's spectacular Summer Olympic Games didn't begin until 8 p.m. local time yesterday.

But they pretty much summed up the whole experience at 6:47 p.m. when the loudspeakers at the Bird's Nest stadium blared out a certain mega-hit by the band Queen: "We Are The Champions."

The Chinese gave their Games a rousing send-off, with another indescribable display of pyrotechnics, pride and pomp. The ceremony lacked the pageantry of the opening ceremony from 16 days prior, but that's to be expected. After all, it's London's turn for the summer festival next time around.

The mayor of London, Boris Johnson, took the Olympic flag from IOC president Jacques Rogge and waved it in the air as part of the handover for 2012. Following the mayor's moment, soccer icon David Beckham briefly appeared and kicked a soccer ball to a lucky volunteer on the stadium floor.

Trampolinist Karen Cockburn of Toronto, one of only five athletes in Canadian history to win medals in three straight games (bronze in Sydney and silver in Athens and in Beijing), proudly shouldered the Canadian flag into the stadium.

"I've gone to three Olympics now and they've all been special in their own way," she said. "But I think Beijing has just done a superb job of all the little details and my entire team has enjoyed themselves here." TORSTAR NEWS SERVICE

MORE OLYMPICS COVERAGE, PAGE 9

Medal count

- Canada finished with 18 total medals, tied for 14th with Spain in overall medals.
- It was the best showing for Canadians since collecting 22 medals in Atlanta in 1996.

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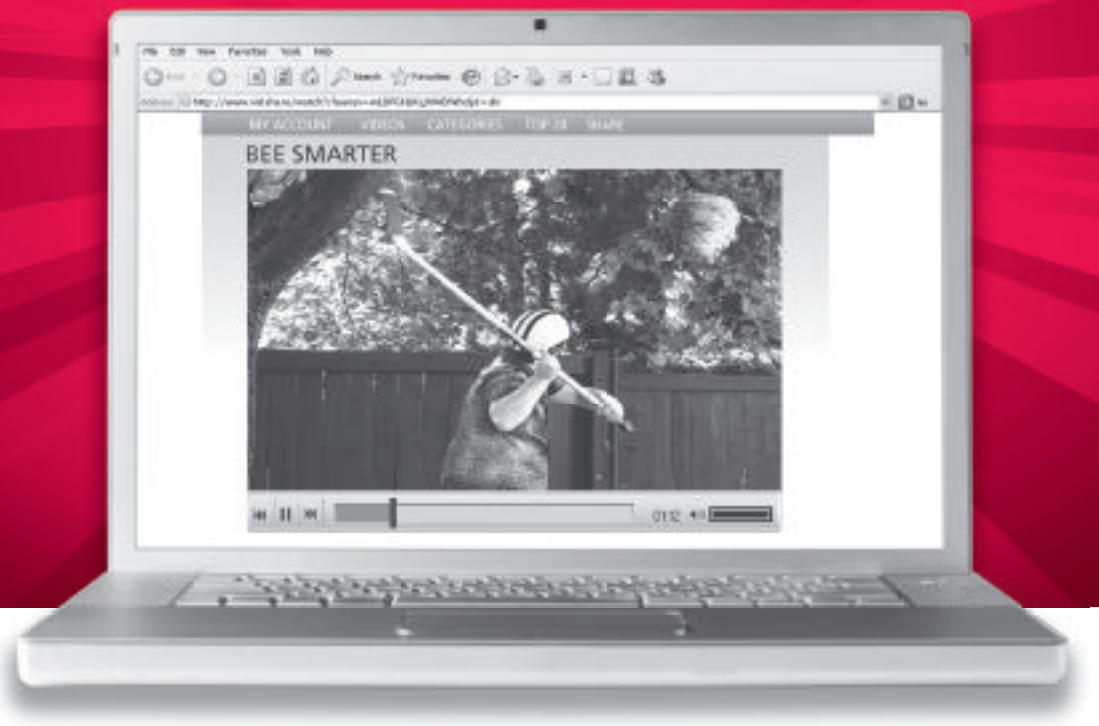
STOP WAITING.
START LAUGHING.



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Pedestrian seriously hurt Saturday evening
An elderly pedestrian suffered serious injuries after being struck by a vehicle Saturday evening. Ottawa paramedics said the woman was walking at Montreal Road and St. Laurent Boulevard at approximately 6:30 p.m. when she was struck by a vehicle. METRO OTTAWA

Ottawa

Water advisory for Gatineau

Gatineau residents are being told to boil their tap water after a broken water main was found in the area. Officials say that brown tap water should be left running until it turns clear. After that, the water should be boiled for at least one minute before consumption. The advisory is a precautionary measure and affects some 45,000 residents. CTVOTTAWA.CA

Rowhouse fire being investigated

ORLEANS A rowhouse fire in Orleans over the weekend is being investigated as a suspected arson, Ottawa firefighters said yesterday.

Firefighters got a call of a fire at a four-unit, two-storey rowhouse at 1729 Trappist Lane at 1:42 a.m. on Saturday, said Platoon Chief David Stephenson.

One of the units was on fire, Stephenson said. It took 26 firefighters with six apparatus just over an hour to bring the fire under control.

The fire, which started in the bedroom, was confined to the second floor and did not spread to the adjacent units. There were no injuries.

The residents, with the exception of the woman who lived alone in the affected unit, have returned to their homes.

"There is an investigation on suspected arson," said Stephenson.

TRACEY TONG/METRO OTTAWA

metronews.ca
What's online today.

Watch closing ceremonies flag-bearer Karen Cockburn reflect on her Olympic experience, and praise for team Canada after it exceeded expectations in Beijing
Read about issues facing those seeking permanent resident status in Guidy Mamann's immigration column
Play online Sudoku!

Lotteries

Friday, Aug. 22
Lotto Super 7 1, 18, 26, 27, 38, 41 & 42.Bonus 4
Saturday, Aug. 23
Lotto 6/49 3, 7, 13, 30, 38 & 46. Bonus 24
Sunday, Aug. 24
Ontario Pick 3 9 6 2
Ontario Pick 4 7 0 0 2
Encore 6002268
Daily Keno 1, 4, 9, 13, 17, 20, 25, 26, 28, 30, 32, 34, 39, 43, 48, 50, 51, 53, 57, 68
These results are not official.

ETIENNE RANGER/FOR METRO OTTAWA

The midway rides were more popular than ever this year, SuperEX spokeswoman Cathy Farish said yesterday. SuperEX wrapped up at Lansdowne Park last night.

Super time at SuperEX

TRACEY TONG
tracey.tong@metronews.ca

A balmy summer day yesterday capped off a near rain-free SuperEX.

After six days of rain during the event at Lansdowne Park last year, organizers were thrilled with the weather this year.

"It went really well," said SuperEX spokeswoman Cathy Farish.

Although attendance numbers won't be tallied until later this week, the event typically draws 500,000 people over 11 days.

But with the popularity of several new features this year, organizers might find that the numbers have risen.

The Capital Magic Festival, which ran both weekends for the first time, drew about 1,000 people per show, Farish said.

SuperEX typically attracts area residents, but the festival, which featured top magicians from around the world, helped to draw spectators from as far as upstate New York.

"And we had one man come from Bangladesh to take workshops with the top magicians here," Farish said. "We're hoping to bring the festival back next year."

The Hot Wheels Road Trip event over the weekend and the University of Ottawa Gee Gees football game at Frank Clair Stadium yesterday also brought additional people in, Farish said.

The World Poker Depot Classic — scheduled for four days but stretched to 10 due to its popularity — brought in a different demographic of people.

But despite the new features, SuperEX's classic attractions were also well attended.

"The midway people said that their numbers are higher with the new rides that they got," Farish said. "And the people at the agricultural building said they've been busy."

SuperEX attendee Peter Lam said he tries to get to the event every year.

"It's just a part of summer," he said.

Farish agreed. "We had a man here on Seniors' Day and he was 91," she said. "He said he's been coming here since he was a child."

"We had a man here on Seniors' Day and he was 91. He said he's been coming here since he was a child."
SuperEX spokeswoman Cathy Farish

Temple teaches art of meditation outdoors

KATHRYN YOUNG
for Metro Ottawa

Led by a Buddhist monk in his saffron-coloured robes, dozens of peace-seeking people learned how to meditate yesterday in Strathcona Park.

"This is not body torture — you have to be very comfortable," Abbot Brahmanagama Muditha told participants, who were seated cross-legged on cushions and padded stools set on green and blue tarps under a tree.

"The idea of meditation is to bring your mind to a peaceful state."

"Mostly our minds are very busy wandering, agitated, and we experience stress," the Sri Lankan-born abbot said. "Don't fight it. Bring it back. Start focusing again."

Ottawa's Theravada Buddhist Temple, called Hilda Jayewardeneramaya, on Heron Road, offered yesterday's free session outdoors, since that's the best place to meditate.

But Canadian weather forces more indoor meditation so the temple will offer free learn-to-meditate sessions each Monday (in English) and Wednesday (in Sinhalese). Meditation for seniors is every second and fourth Wednesday afternoon.

On the Rideau

- Another meditation in Strathcona Park, on the Rideau River, is planned for Sept. 28.

KATHRYN YOUNG/FOR METRO OTTAWA

Abbot Brahmanagama Muditha taught several dozen people how to reduce stress in Strathcona Park yesterday.

More than 50,000 go Greek

With smashing plates and a final "Opa!", Greekfest wrapped up late yesterday evening after 11 days of whirling Zorba dancers and feasting on souvlaki, moussaka, spanakopites, roasted lamb and baklava.

"We went through, believe it or not, over 250 lambs," said Tony Pantieras, president of the Hellenic Community of Ottawa, which runs the popular festival. "That's a lot of lamb."

Pantieras estimated that 50,000 to 65,000 people took in the festivities this year —not bad given only two days of bad weather.

"The Greek gods are looking down on our community," said Pantieras, 38, who has attended every year since Greekfest began as a one-day event 35 years ago. "It gradually grew and the Greek culture spread." KATHRYN YOUNG/FOR METRO OTTAWA

Entertainment

- One of many highlights was the Zorba show, featuring acrobatics, fire and plate breaking to the distinctive sounds of the bouzouki.

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City's fall cleaning in September

4 ottawa The city's third annual Fall Cleaning the Capital Campaign runs from Monday, September 15 to Wednesday, October 15. CITY OF OTTAWA

Putting brakes on OC express

OnTrack

Nadine Doolittle
nadine.doolittle@metronews.ca

"Dump the express and peak routes, and increase the frequency of the heavy lifters of the system — routes 94 to 97 — to ensure service to each and every transit station."

It's the Bermuda Triangle of bus stations. One On Track reader wonders if OC Transpo bus operators even know it's there.

The station in question is Train: a cheerless, windy corridor that presumably connects Via Rail passengers to the nation's capital.

But the trick is they have to catch a bus first.

Regular commuter, C.J. reports: "The drivers are going so fast … that by the time you figure out which number is displayed it is sometimes too late to flag them down, especially when they are flying by in the outside lane. This occurs on a regular basis on the eastbound side between 3:30 and 5:00 p.m. If a 95 is stopped then you can forget trying to stop the bus you need as they don't even slow down. Obviously the drivers assume it is only train passengers at the stop waiting for the 95. On the contrary, a number of us take the express buses."

The Train Transitway station is very nice. Unfortunately commuters can't take the chance of waiting in it and miss seeing their bus roar by. Isn't it a good thing that it never rains or snows in Ottawa?

There are many reasons why a driver will zoom past a stop — none of them of any comfort to the individual holding an express pass that he or she had to hock a kidney to pay for.

But if an express slows down on the Transitway to check for passengers, doesn't that defeat the purpose of the express?

Commuter Nicolas Roome writes: "I personally don't believe the express bus to be worth the extra price … in the morning I have access to the new 94 route if I need a bus every 10 minutes. My local also gets me to work faster than the express."

With light rail seven years and counting away, the city needs to rethink the Transitway and adopt the hub-and-spoke model.

Dump the express and peak routes, and increase the frequency of the heavy lifters of the system — routes 94 to 97 — to ensure service to each and every transit station.

And passengers, have your transfers ready.

Ridership has jumped by nine per cent in July alone. The city is expected to surpass the 100-million-a-year rider mark this year. Something's got to give, and leaving passengers stranded at Transitway stations shouldn't be one of them.

Nadine Doolittle is an award-winning writer and a public transit user for the past 35 years.

Trades **History forged in fire**

ETIENNE RANGER/FOR METRO OTTAWA

Blacksmith Paul Rouleau works on some iron pieces to create tools at the Cumberland Museum Trades Festival yesterday. Hundreds of visitors went back in time to see the way things were done and made in the 1920 and 1930s.

Fight leads to stabbing in west end

CRIME A 24-year-old Ottawa man appears in court for a bail hearing today in connection with a stabbing over the weekend.

City police said the stabbing incident occurred at a west-end home at around 12:20 a.m. Friday.

The suspect and the victim, a 25-year-old city man, were at a gathering at a house on Finrod Court "when a verbal altercation led to a physical fight," said Detective Cory Robertson.

The suspect then allegedly produced a knife and stabbed the victim three times in the back.

The victim was taken to hospital, where he was treated for non-life-threatening injuries.

Nathan Gagnon, 24, of Ottawa, faces charges of assault with a weapon, possession of a weapon dangerous to the public peace, nine counts of failure to comply with recognizance and two counts of failure to comply with undertaking.

TRACEY TONG/METRO OTTAWA

A Capital Weekend
is a collection of images reflecting the weekend that was in Ottawa-Gatineau.

A Capital Weekend

Summer's in the air

Skateboarders, classic planes and reggae artists shook airwaves around the capital this weekend

Ottawa resident Brad Keys performs an ollie at the Slaysh Board Shop's skateboarding skills contest in the Glebe over the weekend. Keys won with a 34-inch jump.

International reggae star Collie Buddz closed out Saturday night as the headlining act of the Ottawa Reggae Festival at LeBreton Flats. Thousands of people attended the festival.

A Capital **Weekend**

Etienne Ranger Photos/
for Metro Ottawa

Below, a performer heats up the Zorba show at Greekfest Saturday night. The 11-day-festival closed yesterday.

Right, a Canadian Vintage CGNWH model aircraft is reflected in Mike Fortier's sunglasses at the Classic Air Rallye at the Rockcliffe Airport Saturday. Thousands of people attended the event.

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Soldiers' bodies come home

The bodies of three soldiers who were killed in Afghanistan when a roadside bomb exploded near their armoured vehicle were flown home on Saturday, CBC News Online reports. The combat engineers — Sgt. Shawn Eades, Sapper Stephan Stock and Cpl. Dustin Wasden — died last Wednesday in the deadliest attack on Canadian troops this year. METRO NEWS SERVICES

Canada/World

Tory's future uncertain

Six months after his leadership review, uncertainty over Progressive Conservative Leader John Tory's political future is swirling within the party.

Complaining that little appears to have been accomplished since Tory squeaked through with a lacklustre 66.9 per cent approval in the Feb. 29 review, Conservatives are uneasy about their leader's prospects.

Still haunted by the Oct. 10 election they squandered, they fear their internal problems continue to give Premier Dalton McGuinty's Liberals a free pass.

The party's first caucus meeting since June will be held Sept. 10 in Barrie. Conservative insiders are warning it will spark the start of "a shooting war" unless Tory can convince MPPs he has a plan for finally gaining a seat in the Legislature.

"There are a lot of unhappy people." Conservative source

"He has been told that he better have a by-election plan by then," said one former ally, who, like others interviewed by Torstar News Service, requested anonymity.

"There are a lot of unhappy people. They have to have a plan," the source said.

TORSTAR NEWS SERVICE

Democrats unify before convention

POLITICS Democrats preached party unity yesterday on the eve of a four-day convention to nominate Barack Obama for the White House, with former rival Hillary Clinton preparing to urge her disgruntled supporters to back Obama.

More than 4,000 Democratic delegates and tens of thousands of officials, activists, protesters and journalists descended on Denver for the formal crowning of Obama as the party's leader and candidate for president.

Anger flared among Clinton supporters when Obama chose Delaware Sen. Joseph Biden as his running mate Saturday — and apparently never investigated putting her on the ticket.

Obama has eased the tension, agreeing to let Clinton have her name placed in nomination and giving her a prime-time speaking slot Tuesday. REUTERS

healing feelings

- Obama spoke with the Clintons this week, and his advisers predicted any bruised feelings would heal by the time Obama delivers his acceptance speech in Denver on Thursday.

Man arrested at naked bike ride

VANCOUVER Heads of various nudist groups are saying oversensitivity lead to the arrest of a man who brought his three-year-old son along to a Naked Bike Ride over the weekend.

Greg DePaco and his son were two of about 75 nude cyclists who gathered at English Bay Saturday.

After several complaints about there being a naked child in the group, police arrested DePaco. He was released and summoned to appear in court.

ANDREA WOO/FOR METRO CANADA

London **Notting Hill Carnival welcomes world**

SUZANNE PLUNKETT/REUTERS

Children dance as they watch the street parade at the annual Notting Hill Carnival in central London yesterday. Organizers said 1.5 million people from around the world were expected to throng to the two-day carnival of colourful processions, thumping sounds and exotic food stalls.

News in brief

KYRGYSTAN About 70 people, including an unknown number of Canadians and members of a teenage basketball team, died yesterday when a Kyrgyz airliner crashed in a ball of flames shortly after take-off from the Central Asian state's main airport. Kyrgyz officials issued conflicting reports on the death toll and number of people aboard the Boeing 737-200.

SOUTH OSSETIA A U.S. navy warship delivered humanitarian aid yesterday for victims of Georgia's brief war with Russia, while Moscow ignored Western demands to pull its remaining troops from the Caucasus country's heartland. On the diplomatic front, France called for a meeting of European Union leaders to discuss the crisis and to review the bloc's relations with Russia. REUTERS

Business

In brief

U.S. ECONOMY Federal Reserve chairman Ben Bernanke suggested Friday that supervisors develop a system-wide and broad mandate to regulate all financial institutions together, to ensure the health of the entire financial system and identify risks and weaknesses.

WASHINGTON House Speaker and former offshore oil drilling critic Nancy Pelosi said she would consider offshore drilling in a new energy bill if advocates could prove it was a viable energy solution. REUTERS

Income trust conversions risky

Two recent cases show that investors should be wary as Canadian income trusts convert themselves into corporations before tax breaks expire in 2011.

The federally mandated deadline is forcing firms to change what kind of company they want to become, and what investors can expect to see as a result.

Structure will vary depending on the organization and its management, said Tristone Capital energy trust analyst Cristina Lopez.

One thing is likely, she noted. Most of the trusts will wait until the last moment to make the switch to save the tax pools used to shield taxable income.

"You'll see (them) all try to pay some form of a dividend," she said.

Different plans can elicit different market reactions.

Bonterra Energy Trust will buy a struggling telecom company, using it to do a reverse takeover of its trust units. This will allow investors to avoid a tax hit on gains while keeping a 32 cent monthly payout.

BFI Canada Income Fund said it will become a dividend-paying corporation and will cut back its 15.15 cent monthly payout to a 12.5 cent quarterly payout.

In Toronto on Friday, Bonterra units climbed 13 per cent to close at $36.50, while BFI's plan had a predictable result. Shares fell 14 per cent to $19.08. REUTERS

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Switch to two wheels from four

If 1 million people replaced an eight-kilometre car trip once a week by riding a bike, we could cut CO_2 emissions by about 100,000 tons per year, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild. METRO NEWS SERVICES

Going Green

Recycle those papers

If the average Canadian household recycled a 90-centimetre stack of newspapers, it would save the equivalent of 14 per cent of its average household electricity bill, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha.

METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Looking at big picture

New science encompasses both fundamental understanding, practical applications

ScienceMatters

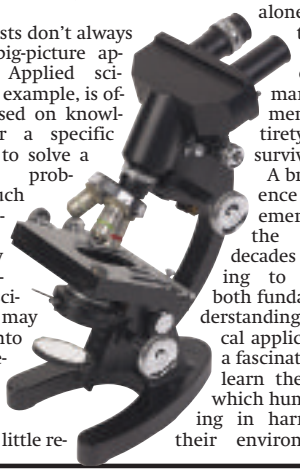
David Suzuki & Dr. Faisal Moola

If we want to protect an endangered animal such as the woodland caribou, we have to do more than just study the animal in isolation. We must understand how it interacts with its total environment, including its habitat and other animals, as well as humans.

We must then try to determine the best possible conditions for it to live in healthy numbers and study the threats that could undermine its persistence. It's no different with humans, except the problems we have created for ourselves — on a global scale — are even more complex.

Sometimes it seems that science is inadequate to address the myriad problems of pollution, global warming, population growth, biodiversity loss, changing ocean conditions, and so on.

Scientists don't always take a big-picture approach. Applied science, for example, is often focused on knowledge for a specific need or to solve a practical problem, such as the invention of a new technology. The science may delve into the mechanics of the technology with little regard for its social implications. Basic or "pure" science, on the other hand, is aimed at gaining an understanding of a phenomenon or process, sometimes without considering its practical application. While both areas are valuable to society, neither alone attempts to tackle that greatest of human experiments in its entirety: Our own survival!



A branch of science that has emerged over the past two decades is attempting to encompass both fundamental understanding and practical applications with a fascinating goal: To learn the degree to which humans are living in harmony with their environment and how they can continue to do so over the long term. Unlike many specialized scientific fields that might interest only a few people, this one ought to interest everyone.

"Sustainability science helps identify potential 'planetary boundaries' such as the world's available 'biocapacity' compared with humanity's collective 'ecological footprint.'"

Industrial society has had an enormous impact on natural ecosystems, to the point that very little of nature remains untrammelled by the human footprint. Sustainability science helps identify potential "planetary boundaries" such as the world's available "biocapacity" compared with humanity's collective "ecological footprint." In short, it helps us better understand the complex challenges we face.

This branch of science is gaining respect in academic circles worldwide, but it's such an important field that it should be part of science programs in all schools. In a world that is expected to reach a population of 10 billion, it's important for science to consider how we are to survive and live in harmony with the natural systems that we are a part of and, therefore, depend upon. It's a huge task that requires a broad vision. As more people — not just scientists — begin to understand the science and the complexity of the problems, and to design lasting solutions, we will start to see a brighter, more sustainable future.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

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Singh claims Barclays Classic in a playoff

Vijay Singh of Fiji won the Barclays Classic yesterday on the second hole of a sudden-death playoff against Spain's Sergio Garcia and American Kevin Sutherland at Ridgewood Country Club. Canadian Mike Weir finished in a tie for seventh, two shots back. **REUTERS**

Sports

Giants' Umenyiora out for season

New York Giants defensive end Osi Umenyiora, left, will miss the entire 2008 season after injuring his left knee in Saturday's 10-7 preseason loss to the New York Jets. Umenyiora had to be carted off the field in the second quarter of Saturday's setback, and an MRI on Sunday revealed a torn lateral meniscus. Opting against short-term rehab, New York decided to plan for the long-term and the pass-rusher will undergo surgery tomorrow. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sports in brief

NFL Atlanta Falcons rookie quarterback Matt Ryan will be the team's starter for its opening game. According to a report on the Falcons' website, Ryan will get the nod against the Detroit Lions on Sept. 7.

NFL Washington Redskins defensive end Jason Taylor is expected to be sidelined 10-to-14 days with a sprained right knee suffered in Saturday's preseason game.

NFL The Arizona Cardinals are expected to name Kurt Warner as the team's starting quarterback, a team source said yesterday. Matt Leinart's poor performance Saturday night against the Oakland Raiders probably sealed the decision.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Boston 6 Toronto 5 (11 ings)
N.Y. Yankees 8 Baltimore 7
Chicago White Sox 6 Tampa Bay 5 (10 ings)
Kansas City 7 Detroit 3
L.A. Angels 5 Minnesota 3
Seattle 8 Oakland 4
Cleveland at Texas

NATIONAL LEAGUE

Houston 6 N.Y. Mets 4 (10 ings)
Milwaukee 4 Pittsburgh 3 (12 ings)
St. Louis 6 Atlanta 3
Chicago Cubs 6 Washington 1
Florida 5 Arizona 2
Colorado 4 Cincinnati 3 (12 ings)
San Francisco 7 San Diego 4
L.A. Dodgers at Philadelphia

TONIGHT'S GAMES

AMERICAN LEAGUE

Cleveland at Detroit, 7:05
Chicago White Sox at Baltimore, 7:05
Texas at Kansas City, 8:10
Oakland at L.A. Angels, 10:05
Minnesota at Seattle, 10:10

NATIONAL LEAGUE

Chicago Cubs at Pittsburgh, 7:05
L.A. Dodgers at Philadelphia, 7:05
Houston at N.Y. Mets, 7:10
Arizona at San Diego, 10:05
Colorado at San Francisco, 10:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	5	3	0	10
Toronto	3	5	0	6
Hamilton	2	6	0	4
Winnipeg	2	6	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	2	0	12
Calgary	5	3	0	10
Edmonton	5	3	0	10
B.C.	4	4	0	8

WEEK 9

THURSDAY'S RESULT

Edmonton 27 Saskatchewan 10

FRIDAY'S RESULT

Calgary 36 B.C. 29

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

YESTERDAY'S RESULT

Worcester 6 **OTTAWA** 4

TONIGHT'S GAME

OTTAWA at Brockton, 6:05

Jays lose a nail-biter

MIKE CASSESE/REUTERS

Boston Red Sox batter Jed Lowrie runs the bases after hitting what ended up being the game-winning home run against the Toronto Blue Jays during the eleventh inning of yesterday's game.

Red Sox 6 Blue Jays 5 (11)

Jed Lowrie's solo homer in the 11th inning was the difference, as the Boston Red Sox edged the Toronto Blue Jays 6-5 in the rubber match of a three-game set.

Lowrie ripped a hanging breaking ball from Brandon League (0-2) out to right, his second homer of the season, with one out in the 11th. Lowrie's homer made a winner of Jonathan Papelbon (5-3), who tossed two innings of shutout relief.

"(It was) obviously a big thrill," Lowrie said. "Especially this time of year because every run counts for so much right now."

Manny Delcarmen took Papelbon's usual spot as the closer and picked up his first save of the season. Dustin Pedroia and Coco Crisp also homered for the Red Sox.

Red Sox starter Daisuke Matsuzaka gave up five runs on eight hits in six innings, with eight strikeouts and a walk.

A.J. Burnett had his six-start winning streak come to an end, as he took a no-decision after allowing five runs on seven hits in seven frames, with seven strikeouts and three walks. Vernon Wells and Lyle Overbay homered for Toronto, which has dropped three of five.

"This loss was my fault; I had the lead twice and gave it back both times," Burnett said. "Even a game like today and the importance of the game, you can't allow that to happen."

METRO NEWS SERVICES

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Medals
The U.S. finished atop the Olympic medals table with 110 total, but China had the most golds with 51. METRO NEWS SERVICES

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Olympics as memorable as ABCs

YorkReport

Marty York
marty.york@metronews.ca

Other than a few odd scandals that don't even rank with the political and doping disgraces of yesteryear, the Beijing Olympics were compelling, devoid of debacles and laden with memorable developments.

A look back alphabetically:

A for Adam van Koeverden, a Canadian icon heavily favoured for gold medals in kayaking. He finished an unfathomable eighth in the 1,000-metres event, although a silver in the 500 gave him some redemption.

B for beach volleyball, women's. It's wonderful.

C for China, which distinguished itself as a first-rate host and also won 51 gold medals, 15 more than any other country.

D for Despatie, as in Alexandre, a Canadian diver who grabbed silver despite fracturing a foot and missing months of training.

E for 18, the number of medals for Canada, tying its third-best performance.

F for fiascos – two in taekwondo. Canadian medal hopeful Ivett Gondo protested her loss (unsuccessfully) because of what she considered unfair judging and Cuban Angel Matos kicked a judge in the face after he was disqualified.

G for gold medals. Canadians captured three — wrestler Carol Huynh, equestrian's Eric Lamaze and the men's eight rowing team.

H for Hickstead, the horse who carried Lamaze to gold, giving the 40-year-old Ontarian sweet redemption after a cocaine-checkered past.

I for Ian Millar, who, at 61, won his first medal by leading Canada to silver in team-jumping equestrian.

J for judges, who've outlived their usefulness in the Olympics.

K for Karen Cockburn, who garnered silver for Canada on the trampoline and carried the Canadian flag in the closing ceremonies.

L for Luan, as in Jujie, a legendary Chinese fencer who, at 50, represented Canada in her homeland.

M for money. Canadian athletes need more.

N for Nattrass, as in Susan, a legendary Canadian shooter who sadly struggled and, at 57, will retire.

STU FORSTER/GETTY IMAGES

Canadian athletes had plenty of reason to celebrate at yesterday's closing ceremonies after collecting 18 total medals at the Beijing Games — eclipsing the 12 they won four years ago in Athens.

O for Olympics. Are they clean again?

P for Phelps, as in Michael, the U.S. swimmer who won eight golds. These were his Games.

Q for question marks, which surround the ages of some of those cherub-faced Chinese gymnasts.

R for rowing, which Canada rules.

S for silver medals. Canada took nine.

T for terrible, as in the IOC's decision to dump women's softball.

U for Usain Bolt of Jamaica, history's greatest sprinter. Flashiest, too.

V for Vancouver, which will have a tough time matching Beijing's excellence in the 2010 Winter Olympics. Good luck.

W for world records — 43 in Beijing.

X for Xingfang Xie, a Chinese medallist. (Hey, it works.)

Y for Yes, I love women's beach volleyball!

Z for Zimbabwe swimmer Kirsty Coventry, winner of all four Zimbabwean medals.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Three quarters of female Carleton students feel safe

Almost three-quarters of female undergraduate students at Carleton University feel safe on campus, according to a university-sanctioned survey. The survey was conducted following the sexual assault of a female student on campus last September. METRO NEWS SERVICES

Workology

Leading the way

Canada is leading the way in campus connectivity, according to PC World Canada. The publication cited the University of British Columbia's $30-million wired and wireless networking environment and the University of Toronto for its wireless infrastructure. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Mascot rule No. 1: No talking

Odd Jobs

Diane Peters

The first time Andrew Tite donned a mascot costume, he climbed into the contraption of wires and fabric wearing shorts and a T-shirt. "Aren't you going to take your clothes off first?" he was asked. Tite laughed.

A few hours later, he felt like someone had poured a bottle of liquid over him, he was so sweaty.

That was May 2007, and ever since Tite strips down to his underwear before transforming into a mascot.

The 27-year-old Vancouver resident is foremost an actor. He went briefly to George Brown College in Toronto for theatre, but dropped out he was so busy doing television, film and theatre.

About a year and a half ago, while still living in Toronto, he found an ad for Acme Mascots on Craigslist. He called and soon went out for that first job, which was playing the green monster Victor, the Just for Laughs mascot, at an outdoor press conference. Tite "danced around the street and acted like an idiot" and hammed it up for the cameras beside comic Russell Peters.

Tite was not only steaming inside the Victor costume, but he could only see out of the character's mouth.

Miraculously, he didn't fall over or crash into anything.

He followed the written instructions from Acme: use large, exaggerated gestures; no talking; only get changed in a room with a closed door (you don't want a child seeing you by accident); and take a break every fifteen minutes to cool off and hydrate.

Tite later started playing Airnest, a jester-like character for Air Transat. He got to hang out on the field at a Toronto Argos game last summer, but mainly spent time at the airport amusing kids while they waited in line-ups, first in Toronto and then Vancouver when he moved there last winter.

He got in the habit of guzzling an energy drink before work to keep lively during late-night shifts. He learned to start playing rock, paper, scissors, or head and shoulders, and kids would follow along. He perfected his laughter, confusion and "I've got an idea" exaggerated gestures, and his chicken dance.

> **"I try to think of cartoons and how they'd act, I'm really good with kids naturally, I'm a bit of a kid at heart"**
> Mascot performer Andrew Tite

"I try to think of cartoons and how they'd act," he says. "I'm really good with kids naturally, I'm a bit of a kid at heart." He'd hose his costume down with Febreeze between cleanings.

Some kids get excited when they see him and throw their arms around him. But little ones sometimes burst out crying and older boys often consider themselves too cool for such things and ignore him.

He's gotten a few rude gestures and twice needed staff at the airport to help out when kids started following him. He's never been hit.

Right now, he's not doing much mascot work, but it's on his resumé when he goes in for auditions.

Some casting directors sniff at it, but others consider it a legitimate acting job. Tite agrees:

"It's like any role. I take it seriously whether I'm getting paid $1000 or I'm getting paid nothing. I try to give it my all."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Mascot performer

Salary: $17/hour

Education/training: Anyone can do it, but it helps to be an actor to really do a good job

Best Part of the Job: "The kids that love you and blow you kisses and laugh with you, they make you feel really good."

Worst Part of the Job: "The heat. It's like wearing a sauna for hours and hours."

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55 per cent of U.S. college students contemplate suicide
More than half of 26,000 colllege students surveyed have had suicidal thoughts. Fifty-five per cent of undegraduate and 50 per cent of graduate students said they have suicidal thoughts, a new study from the University of Texas suggests. METRO NEWS SERVICES

Workplace jerks don't prosper

RAFAEL BRUSILOW
for Metro Canada

Believe it or not, your boss probably does appreciate you more than the boastful, irritating jerk in the next cubicle.

In a new study conducted by temporary staffing agency Accountemps, 45 per cent of executives surveyed said interpersonal skills were the most important communication skill for financial professionals, beating out negotiating skills (26 per cent), public speaking skills (17 per cent) and writing skills (5 per cent).

Trent Arendse, a branch manager at Accountemps, says the results of the study shed light on the general importance of interpersonal skills in all segments of the workplace, given that the financial industry is notoriously perceived as being driven far more by numbers and results than by people skills.

He also suggests a key factor to getting promoted and hired is the unspoken "likeability" factor — essentially people who like you are much more likely to want to work with you.

Interpersonal skills ranked highest in importance for financial professionals in a recent survey.

"You can't fake it ... and people will notice it."
Trent Arendse on interpersonal skills

"Interpersonal skills mean being able to interact with people effectively while also being able to be liked by them," Arendse said.

People who scream at coworkers when mistakes get made, stab office mates in the back or behave anti-socially generally have a harder time gaining allies or getting promoted, simply because people don't like them as much.

Even though business can't always be rosy, Arendse says delivering your message in a personable way can often achieve the same bottom-line results without alienating or offending the people around you.

Still, Arendse warns that a pleasant wit and a million-dollar smile aren't enough to help you get hired or promoted if you suck at your job, but it can make you stand out among equals.

"If your skill set is weak but you have great interpersonal skills, you still might not be a great hire. It does help you differentiate yourself from the rest though," Arendse said.

While people can take courses to polish up their interpersonal and human networking skills, Arendse believes that people lacking such skills completely or with a warped sense of them can't really change their ways — sad news to those people suffering in the vicinity of an irreparable jerk at work.

"You can't fake it — your body language just won't read like you're speaking and people will notice it. You have to want to see other people's point of view and it needs to be a passion of yours, something you actually enjoy. I think it can be taught but the person needs to have some of that in them already," he said.

resumés

- Arendse also suggests people with strong resumés that have trouble finding work should take a step back and think about whether their interpersonal skills might need brushing up for interviews.

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The Avril show goes on in Malaysia

Avril Lavigne has been given permission to perform in Malaysia on Friday after all, despite being deemed too sexy by the government there last week. NME.COM

Entertainment

Dido is back

Dido will finally release her third album, Safe Trip Home, on Nov. 4. She's also giving away single Look No Further for free at didomusic.com.

E! NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Tropic Thunder:** $16.1 million US
2. **House Bunny:** $15.1 million
3. **Death Race:** $12.3 million
4. **The Dark Knight:** $10.3 million
5. **Star Wars: The Clone Wars:** $5.7 million
6. **Pineapple Express:** $5.6 million
7. **Mirrors:** $4.9 million
8. **The Longshots:** $4.3 million
9. **Mamma Mia!:** $4.3 million
10. **The Mummy: Tomb of the Dragon Emperor:** $4.1 million

REUTERS

Madonna gets Sticky, Sweet

Queen of pop defies age, kicks off world tour

Queen of pop Madonna entered the stage on a throne as she kicked off her world tour, Sticky & Sweet, and defied her age with athletic dance routines before tens of thousands of screaming fans.

The U.S. singer, who turned 50 a week ago, opened her tour Saturday at the Millennium Stadium in Cardiff, Wales, with Candy Shop. She wore a black leotard-style outfit designed by fashion house Givenchy and black, knee-length boots.

For her second number, Beat Goes On, Madonna drove along the stage catwalk in a white car from which she emerged wearing a white top hat.

U.S. rappers Pharrell Williams and Kanye West, who featured on Madonna's latest chart-topping album Hard Candy, appeared in video clips, as did Britney Spears.

Madonna will be hoping to shatter her own record for the highest-grossing tour ever by a female artist and prove that the musical master of reinvention still has what it takes to pull in crowds young and old.

"It was so charismatic," said Paul, from the Welsh city of Newport, after the show. "I don't believe she's 50. She's more like 30."

"I think she's amazing," added Morgan, a young girl from Cardiff. "I want to be that way when I turn 50."

During the show Madonna played around 20 songs which spanned a career of nearly three decades, including Like A Prayer, Into The Groove and Hung Up.

The concert moved from a homage to 1920s art deco to the early 1980s music scene in New York, the city where, according to online biographies, Madonna moved in 1977 to pursue a career in dance with just $35 in her pocket.

Promoters Live Nation, who recently signed Madonna to a 10-year deal reported to be worth $120 million, said Madonna and her band clocked up 653 hours of rehearsal time before launching Sticky & Sweet.

As of Thursday, roughly half the tour venues had yet to sell out including Cardiff, although Live Nation announced in June that the tour was on target to gross more than $250 million.

REUTERS

MATT CARDY/GETTY IMAGES

Madonna performs in Cardiff, Wales, on Saturday night.

Sony moves back Solace opening

MOVIES Harry split the scene, so 007 moved in for the kill.

Sony has moved its next James Bond film, Quantum of Solace, back one week to Nov. 14. That move is tied to the departure of Warner Bros.' Harry Potter and the Half-Blood Prince from the Nov. 21 release berth.

Just last week, the sixth Potter film newly planted its domestic flag on July 17, as executives sought to fill a hole in Warners' summer 2009 slate.

REUTERS

A satisfying account of guilt and love

Falling **Under**

Author: Danielle Younge-Ullman
Publisher: Plume
Pages: 356 (paperback)

Younge-Ullman's debut novel follows Mara Foster, an artist who spends her days putting paintbrush to canvas only to crank out geometric patterns best suited to Ikea kitchens. The product of a volatile marriage and forced to grow up fast, Mara barricades herself in her Toronto home, only venturing out when coaxed by her adventurous best friend. But when a chance meeting brings newfound stability to her life, Mara may have to stop hiding from what has hurt her, a realization explored in the novel's intriguing final chapters. While the story is occasionally weighed down by melodramatic plot twists, Falling Under is an otherwise satisfying account of coping with guilt and understanding love.

Ashley Petkovski/for Metro Canada

BookPicks

The Thrall's **Tale**

Author: Judith Lindbergh
Publisher: Plume
Pages: 450 (paperback)

The Thrall's Tale is a meticulously researched and vividly, if somewhat excessively detailed story set during the 10th century settling of Greenland.

The novel follows Katla after she is assaulted by her Master's son and taken in by Thorbjorg, a Norse prophet who imparts her mystic abilities to Katla's unwanted daughter. However, her child also develops unexpected talents to hurt, resulting from a mean streak inherited from her father and a resentful relationship with her mother. The consequences of her evil abilities only worsen as an increasing Christian presence arrives in the settlement, further challenging the relationships between citizens and leaders, families, and a culture and its ancient beliefs.

Ashley Petkovski/for Metro Canada

more online

- For Metro's review of Daniel Clay's Broken visit us online at metronews.ca

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Splitsville
Love Actually star Bill Nighy has reportedly been dumped by his longterm partner, actress Diana Quick, after 27 years. IMDB.COM

On TV but not in front of it

IntelleVision

UNWATCHED: Frazier Moore is the syndicated TV columnist for the Associated Press, and he recently felt moved to wonder why so few of the actors he's interviewed over the years would admit to actually spending time with the medium that employed them. Moore admitted up front that he had no statistical basis for what he confessed is based on nothing more than a hunch.

"Let me stress the not-at-all-scientific nature of this poll," Moore wrote, in a piece published last week in the New York Times. "Among the scads of TV stars I've talked to, I never made a point of grilling them on their TV consumption. I don't recall how often it came up."

"But over time I started to realize (and marvel) that, out of everyone who did address the issue with me, fewer than a dozen of them copped to being TV fans."

"The rest: Well, they don't shun just the programs they appear in. They don't watch TV, period. Or so they claim."

Most of them, Moore recalls, made the usual excuses — too busy, no time, crazy hours — that we make to friends and family we don't want to spend time with. Occasionally, they'd make exceptions for the acceptable benchmark of current TV tastefulness (The Office, The Sopranos) or a guilty but redeemable pleasure (Project Runway, The Amazing Race.)

Many, who employ assistants and live in houses with state-of-the-art theatre systems, seem never to have heard of TiVo. Still, Moore says the impression he's gotten from his celebrity subjects is that "watching TV is akin to slumming; offputtingly exotic; or, unaccountably, none of their business."

When I tell people that I write a TV column, they either tell me that it must be nice to watch TV all day and get paid for it (I don't, and it isn't) or wonder where I get the time to watch all those shows.

The short answer to the latter is that I don't; in fact, I try to watch as little TV as possible, but while I'm a long way from being the 8-year-old TV junkie whose mother thought she needed a therapist to separate him from his apparent "addiction," I still watch a fair amount of the stuff; I just don't make a point of seeing every episode of Two And A Half Men or Lost, and don't imagine that I'm obliged to in order to do this job.

Moore could only name three adamant exceptions to the low-key celebrity boycott of the small screen — Office creator Ricky Gervais, Seth Green of Buffy and Robot Chicken fame, and Mad Men star Jon Hamm, who described his relationship to television in terms almost identical to my own: "I've loved television since I was old enough to reach the dial," Hamm told Moore. "Television is meaningful to me. It's frustrating and fascinating, all at the same time."

ALBERTO E. RODRIGUEZ/GETTY IMAGES
Mad Men star Jon Hamm.

What Moore doesn't seem to remember is that his survey is focused entirely on actors, a trade whose principal skill set involves comprehensive lying, and that there's every likelihood that he has not, in most instances when he's bothered to ask, gotten a truthful answer.

Rick McGinnis writes about music, movies, books and television, but not opera.

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IN THEATRES AUGUST 29TH

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/25/08	265	353	2	TVO	Evacuation	The Museum	The View From Here		Midsomer Murders		Monarchy		View From Hr
	211	331	3	GTV	ET Canada	Entertainment	Prison Break "Hell or High Water; The Art of the Deal"				Risk Takers "Loggers"		News (N)
	-	-	5	SRC	Squelettes	La Petite vie	Chère Betty (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Ontario
	209	342	6	CHRO	Grand Star	FashionTele	Gossip Girl (HDTV)		America's Toughest Jobs (N)		Comedy Now		News (N)
	196	311	7	CTV	eTalk	Degrassi: Next	Big Bang Th	Two/Half Men	Canadian Idol Top four.		CSI: Miami		News (N)
	208	303	8	CBC	Coronation St.	Laughs	City Chase (N)	City Chase (N)	The Border (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	Deal or No Deal (N)		America's Toughest Jobs (N)		Democratic Convention		News (N)
	117	713	10	TVA	Qui perd gagne Obésité. (SC)		Laura Cadieux	Histoires-filles	Monk (HDTV) (SC)		TVA 22 heures	Sucré-salé	Coeur
	-	-	11	QS	Catherine (SC)	3 x rien (SC)	CSI: NY (SC)		Faut le voir	Drôle et sexy	Cent dix pour cent (SC)		Journal du soir
	137	763	12	TFO	Panorama	Les Gens de...	Canadian Geographic		Les Misérables De Victor Hugo.			Jardins (SC)	Folie-aventure
	-	362	13	CBS	Dr. Phil		Big Bang Th	How I Met	Two/Half Men	Old Christine	Democratic Convention		Two/Half Men
	216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Courage
	214	344	15	CITY	Friends	Hollywood	Reaper "Greg, Schmeg"		Friends	Friends	Entourage	Entourage	News (N)
	115	343	16	CFMT	Two-Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Deal or No Deal (N)		12 Sexiest Hollywood Jobs (N)		X-Weighted "Michelle"		News (N)
	-	361	20	ABC	News (N)	Entertainment	High School Musical: Picture		Samantha Who	Samantha Who	Democratic Convention		News (N)
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	À la une		Dossier public				À la une
	651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street (N)		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Prison Break "Hell or High Water; The Art of the Deal"				News (N)		News
	-	-	64	PBS	Business Rpt.	Wings-Canada	Democratic National Convention Democratic National Convention from Denver.						Tavis Smiley
	205	312	104	CTV	Degrassi: Next	eTalk	Big Bang Th	Two/Half Men	Canadian Idol Top four.		CSI: Miami		News (N)
news	502	390	26	NW	CBC News	Marketplace	The Hour		CBC News: The National		Royal Rivals? Charles, William		National
	500	500	33	CNN	(6) Democratic National Convention Democratic National Convention from Denver.								
sports	406	417	27	net	MLB Baseball Chicago White Sox at Baltimore Orioles. (Live)						Sportsnet Connected (Live)		Sportsnet Con.
	126	730	28	RDI	RDI en direct sur l'actualité		Grands reportages (SC)		Le Téléjournal (SC)		Convention	Le National	Le Téléjournal
	400	280	30	TSN	U.S. Open Tennis First Round. (HDTV) From the USTA National Tennis Center in Flushing, N.Y. (Live)								SportsCentre
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Stump-Schwab
	411	457	56	OLN	Videos	Videos	Pilot Guides Specials		Word Travels	Strand-Peters	Departures		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	This Week in NASCAR (N)		101 Cars-Drive	Car Crazy (N)	Barrett-Jackson		Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Superman* ★★★ (1978, Science Fiction)		
	557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	The Next Star		Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Revival	Listed		Where You At	Revival	Gene Simmons	Gene Simmons	Party of Five
	615	520	31	A&E	CSI: Miami "Addiction"		Intervention		Intervention "Phillip" (N)		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scn
	521	560	34	TLC	Little People	Little People	Take Home Nanny (N)		Jon & Kate Plus 8 (HDTV) (N)		Jon & Kate Plus 8		Home Nanny
	145	761	35	TV5	Toute une histoire		Vie privée, vie publique "Ils ont fait scandale!"				Passez au vert	Ville	Journal TV5
	616	521	39	SHO	ReGenesis (HDTV)		Cold Squad		Trailer Park	Billable Hours	Jekyll		House
	620	523	40	BVO	Cirque du Soleil's Solstrom		White Boots	Liberamae	*The In Crowd* ★★ (1988, Drama) Donovan Leitch.				Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Really Big Things		Dirty Jobs		Daily Planet
	575	583	43	CMT	Totally "2006"		Karaoke Star "Regina, SK"		Reba	Hope & Faith	Home Improve.	Roseanne	Karaoke Star
	601	562	45	SLC	End of Leash	Til Debt-Part	End of Leash	Spoiled Rotten	Wedding SOS	Party Mamas	How To Make Love-Wife		End of Leash
	625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv		Laughs
	294	529	47	TBS	Family Guy	Family Guy	*Just Cause* ★★ (1995, Drama) Sean Connery.				Frasier	Frasier	Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	Design U	Home to Stay	Property Virgin	House Hunters	Location, Location, Location		Holmes-Homes
	627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager		Taken Allie's parents attempt to rescue her. (DVS)				Stargate SG-1
	581	566	53	MTV	The Hills	After	Canada's Next Top Model		Super Sweet	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	Deal or No Deal Canada		ET Canada	What Happen?	X-Weighted "Angela J."		Are You Smarter		Deal-No Deal
	522	506	55	HIS	NCIS "Yankee White"		Dogfights		*Boogie Nights* ★★★ (1997, Drama) Mark Wahlberg, Burt Reynolds.				
	129	773	60	CD	Biographies "Serge Savard"		Fallait y penser "La Brasserie"		Légendes urbaines		Histoires de crimes		99 histoire
	261	394	61	V	Murder, She Wrote		Prime Minister	Watchtower	McLeod's Daughters (N)		Divine Restor.	Recreat. Eden	Doc
	602	567	62	W	How Clean	How Clean	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	269	350	70	APTN	Mupu	Desti'Nations	Notre Peuple		*Le Vent Sombre* ★★ (1991, Crime Drama), Fred Ward				Beyond Words
	621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Scott Baio	Old Skool	In Style Celebrity Weddings		eTalk
	603	561	95	FN	Road Grill	Licence to Grill	Restaurant Makeover		Good Eats	Perfection	Kitchen Nightmares		Restaurant

critics' corner

How I Met Your Mother
Of course Barney (Neil Patrick Harris) has a copy of the "bro code" in book form. In this episode, he's racked with guilt for breaking the first rule — no sex with a bro's ex — by sleeping with Robin (Cobie Smulders). Despite Barney's best efforts, which include an attempted trip to Vegas for his 30th birthday, Ted (Josh Radnor) finds out and tries to be cool with it, but that doesn't last long. Alyson Hannigan also stars in "The Goat." 8:30 PM on 13 CBS

America's Toughest Jobs
Let's hope they have lots and lots of insurance. This new series marries two currently hot television concepts: the job-from-Hades documentary series and the competitive reality show. Ordinary people take on the jobs you've seen on "Ice Road Truckers," "Deadliest Catch," "Black Gold" and their ilk. The professionals may make these tasks look easy, but now the amateurs get to find out just how easy — or not — they are. 9 PM on 9 NBC

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Son for Stefani, Rossdale

Gwen Stefani and her rocker husband Gavin Rossdale welcomed their second child, a son, on Thursday in Los Angeles. Zuma Nesta Rock Rossdale weighed in at 8.5 pounds. PEOPLE.COM

Celebrity Buzz

Green, Ryder may be an item

COUPLES Winona Ryder is reportedly dating comedian Tom Green, femalefirst.co.uk reports.

The actress, who is said to have split from Rilo Kiley rocker Blake Sennett just a few weeks ago, was seen cuddling Tom in Hollywood's Crown Bar last week.

Friends claim Ryder is already smitten with the Ottawa funnyman after the pair hit it off.

"Winona didn't waste any time," a source said.

Green was previously married to Drew Barrymore, while Ryder has dated a string of actors, including Johnny Depp, Christian Slater, David Duchovny, and rocker Dave Grohl.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Rihanna sacks manager

PEOPLE Rihanna reportedly fired her business manager after discovering she only has $20,000 US left in her bank account, femalefirst.co.uk reports.

Patricia Williams claims she was recently "let go" after Rihanna accused her of stealing after discovering her pop fortune has all but disappeared.

Williams said: "It's not my fault that she only has $20,000 to her name. I have worked for many high-profile actors, musicians and multi-million dollar corporations.

"Why would I steal from Rihanna?

"I showed her all the paperwork and tried to explain to her the circumstances but she wouldn't listen. She called me all sorts of horrible names and stormed off."

Williams claims the 20-year-old singer's record label Def Jam and her manager Marc Jordan are to blame for her financial problems.

METRO NEWS SERVICES

Hewitt nuptials on hold

PEOPLE Jennifer Love Hewitt has reportedly delayed her wedding, femalefirst.co.uk reports. It has been claimed the actress and her fiancé Ross McCall decided to postpone the nuptials following a rocky patch caused by the amount of time they have spent apart.

"Things aren't great between them. It's hard because he's filming in New Mexico and she's in Los Angeles," a friend of Love Hewitt said.

"The relationship is strained and their wedding won't happen anytime soon." The couple got engaged in November.

Love Hewitt ruled out a summer wedding saying she didn't want to be "a sweaty bride," and revealed she was looking forward to a "small, private, romantic and wonderful" ceremony.

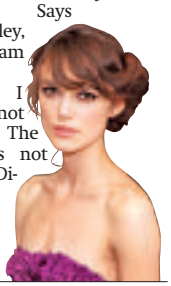
METRO NEWS SERVICES

Knightley defends Di ads

CONTROVERSY Keira Knightley has defended her new movie The Duchess after images of the late Princess Diana were included in the trailer, imdb.com reports. In the movie, Knightley plays Georgiana, Duchess of Devonshire, a distant relation of Diana. The promo for The Duchess sparked outrage by showing pictures of the late Princess and emphasizing the link between the lead character and her modern-day descendant.

Says Knightley, "I am Georgiana. I am not Diana. The film is not about Diana."

METRO NEWS SERVICES



Fitness key to joy, Smith says

PEOPLE Will Smith thinks being physically fit is the key to happiness, femalefirst.co.uk reports.

"I feel like everything in my life depends on physical conditioning. I love eating sweets and everything, but I think the quality of my parenting, the quality of my relationship with my wife — it is all based on being on great physical condition."

Meanwhile, Smith is set to star in a prequel to I Am Legend.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So **Matthew McConaughey** says there will be no nanny for his new son Levi, and that he wants to raise his child without any outside help. This makes me seriously consider looking up the phone number for child services in Texas.

There's already been word that McConaughey took the infant to a **John Mellencamp** concert. I guess he wants Levi's first words to be something along the lines of "This blows!"

Anyway, I'm hoping McConaughey will reconsider his rejection of outside help and read the following short list fathering tips, which I've thoughtfully rendered in McConaughese:

"Dude! It's totally cool that he has no teeth for the first little while. You don't have to take him to a baby dentist.

Compadre, I know how much you want to help, but please don't try to breastfeed the kid, it's just going to be frustrating for both of you.

Brother man, I know how much you want him to be just like daddy, but the decision to go shirtless in inappropriate places is a one he should make for himself when he's older, plus they make a lot of really rad shirts for little dudes to wear. And one last thing, broseph: Don't let **Owen Wilson** get confused and smoke the stuff Levi leaves in his diaper."

NEWSDESK@METRONEWS.CA

More trouble for Mills

PEOPLE Sir Paul McCartney's ex-wife Heather Mills is facing legal action from a local council in England — over her failure to remove a large marquee from her garden, imdb.com reports.

The former model is believed to have erected the tent at her $6.4 million US home in East Sussex, England, for her 40th birthday party in January.

But the structure has remained in place ever since, prompting local residents to lodge objections with government officials. The district council ruled in favour of her neighbours and signed an enforcement order in May in a bid to force Mills to take down the marquee, but the tent has yet to be removed. And now officials have set Mills a deadline to get rid of it — or they will take her to court.

METRO NEWS SERVICES

celebrity brief

No nanny for McConaughey's boy

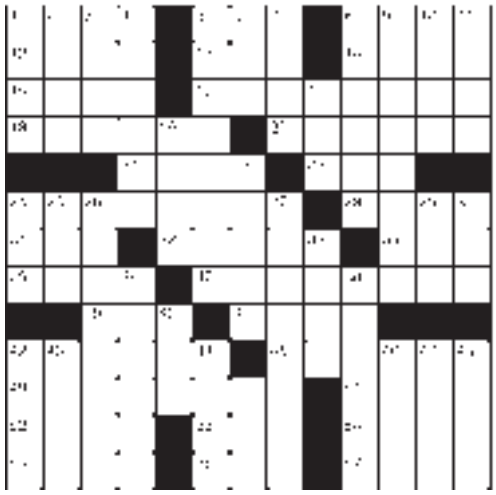
PARENTING Matthew McConaughey is reportedly refusing to hire a nanny for his newborn son Levi, imdb.com reports.

The actor, who welcomed his first child with Camila Alves last month, is said to be determined to raise his son without any outside help.

METRO NEWS SERVICES

Daddy's little girl
My Name Is Earl star Jason Lee and his girlfriend, Ceren Alkac, are the parents of a girl. The baby was born Aug. 10, a rep for Lee says. No other details were announced. PEOPLE.COM

Take Five



Crossword down

1 Grand story
2 Lotion additive
3 R.I. neighbor
4 Mint often used as an herb
5 Re Plato's teacher
6 Commotion
7 Showroom sample
8 Jinx
9 Wealth
10 Poison
11 Automaker Ransom Eli —
17 Legume holder
19 Piece of work
22 Biblical king
24 Scoundrel
25 Sapporo sash
26 Messieurs' counterparts
27 String around your finger
29 Barracks bed
30 Ram's mate
33 Agile
36 Rug
38 Slot-machine fruits
40 Mai — (cocktail)
42 Con job
43 Pop flavour
44 Mediocre
46 Whodunit blueprint
47 Apiary structure
48 Daytime drama
50 Prior night

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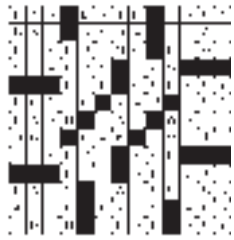
Crossword across

1 Apiece
5 Despondent
8 Vagrant
12 Sly tactic
13 Praise in verse
14 October birthstone
15 Charged particles
16 Walled-in group of buildings
18 Use a seven-second delay, e.g.
20 Scads
21 Brilliant-hued fish
23 Female deer
24 UNIVAC, for one
28 Formerly
31 Honest politician
32 Paddock papas
34 Intimidate
35 Platter
37 Entire
39 Opposite of "dis"
41 Tragic
42 Beetle talisman
45 Mythical maidens
49 Collected into a volume
51 Hodgepodge
52 Sheltered
53 "Hail, Caesar!"
54 PBS science show
55 Sail support
56 That woman
57 Dance lesson

previous day's answer



Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
An ally seems to have evil intentions. Treatment for a painful injury will delay plans. A peculiar object is a conversation piece.

TAURUS ♉
APRIL 21-MAY 21
A tempest will dissolve with minor damage. A problem with power will be repaired. Be discrete when making arrangements.

GEMINI ♊
MAY 22-JUNE 21
Try to stay out of difficult situations. Insincerity reveals a hidden agenda. Someone will be in trouble for a loss of creativity.

CANCER ♋
JUNE 22-JULY 22
Big money can be made at an unexpected event. An attractive person will be helpful. An agreement is reached at the end of the day.

LEO ♌
JULY 23-AUG 23
Be prepared to stand your ground. A friend's affectionate remark will give you joy. Concealing a discovery will guide you to freedom.

VIRGO ♍
AUG 24-SEPT 22
A man is becoming uncomfortably demanding. Your kindness will benefit a humble person. A marital conflict will affect your goals.

LIBRA ♎
SEPT 23-OCT 23
A clever man will apologize. You should make a correction to your course. Don't take advantage of a coward.

SCORPIO ♏
OCT 24- NOV 22
Anticipate an unpredictable event involving a leader. The wrong person offers a strange opportunity. Relax tonight to avoid illness.

SAGITTARIUS ♐
NOV 23- DEC 21
Think hard before putting stock in a visionary. A trickster will make a scary remark. Don't complain if you're dissatisfied.

CAPRICORN ♑
DEC 22-JAN 20
Do not let dreadful things get the better of you. A man will be more helpful. An arrival will create an angry debate.

AQUARIUS ♒
JAN 21-FEB 18
Don't try to do too much at once. Somebody's hypocrisy during a crisis is shocking. A conflict between lovers will end well.

PISCES ♓
FEB 19-MAR 20
Don't try to force a compromise about co-operation. Enthusiastic actions will backfire. It's time to cast off your anxiety.

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Sudoku

	7		1	5	9		4	
4								1
		6				9		
8	2		4		3		6	7
				8				
7	9		6		1		8	4
		8				3		
2								9
	5		2	3	8		7	

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

2	7	6	8	9	3	1	4	5
3	5	8	4	1	2	7	9	6
9	4	1	5	7	6	8	2	3
6	9	4	1	2	5	3	8	7
5	8	2	3	4	7	6	1	9
1	3	7	9	6	8	2	5	4
4	6	5	2	3	1	9	7	8
8	2	3	7	5	9	4	6	1
7	1	9	6	8	4	5	3	2

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Ottawa weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
Partly cloudy. 19°	Clear. 9°	Mainly sunny. 21°/ 10°	Partly cloudy. 23°/ 14°	Variable. 23°/ 16°

Temperature
Normals
High: 24.8°
Low: 12.7°

Records
High: 35°/1948
Low: 2.8°/1942

Sunrise: 6:16 a.m.
Sunset: 7:52 p.m.
Moon does not rise
Moonset: 4:41 p.m.

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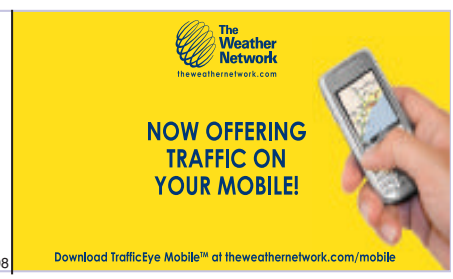

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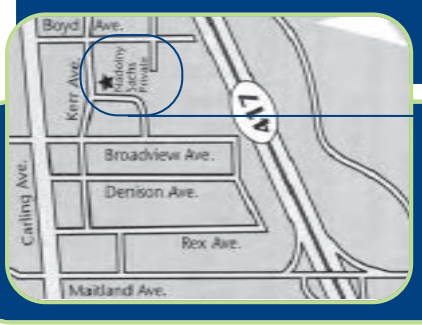

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